Department of the Army Headquarters, United States Army Training and Doctrine Command Fort Monroe, Virginia 23651-5000

#### 13 November 1989

#### Morale, Welfare and Recreation

## TRADOC RUN FOR YOUR LIFE PROGRAM

**Summary.** This regulation establishes eligible personnel for participation, increases mileage clubs, and establishes cutoff dates for submission.

**Applicability.** This regulation applies to TRADOC installations.

**Supplementation.** Do not supplement without prior approval from HQ TRADOC, ATTN: ATPL-FO, Fort Monroe, VA 23651-5000.

Forms. "R" forms at the back of this regulation are for local reproduction. Have them printed through your forms management officer.

Suggested improvements. Send comments and suggested improvements on DA Form 2028 through channels to Commander, HQ TRADOC, ATPL-FO, Fort Monroe, VA 23651-5000.

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- 1. Purpose. This regulation prescribes procedures and responsibilities for establishing a command Run for Your Life Program.
- 2. References. Related publications are listed below.
- a. AR 215-1 (Administration of Morale, Welfare, and Recreation Activities and Nonappropriated Fund Instrumentalities).
- b. DA Pam 350-18 (The Individual's Handbook on Physical Fitness).
  - c. FM 21-20 (Physical Readiness Training).

### 3. Responsibilities.

- a. HQ TRADOC will-
- (1) Establish procedures for the TRADOC Run for Your Life Program.
  - (2) Provide guidance to and assist installations.
- (3) Procure and award appropriate certificates and patches for personnel qualifying for the 1000- to 20,000-mile clubs.
  - b. Installation commanders will—
- (1) Provide support and supervision to afford personnel participation.
- (2) Designate a single staff office to sponsor, organize, and administer the program.

- (3) Procure and award certificates and patches to personnel qualifying for the 50- to 750-mile clubs.
- (4) Verify and retain running logs. The memorandum (TRADOC Run for Your Life Awards) as shown in fig 1 for l,000- to 20,000-mile clubs will be forwarded to HQ TRADOC, ATTN: ATPL-FO, monthly. Installation Sports Directors will authenticate memorandums. Five miles per day is the maximum distance for certification purposes.
- **4. Objectives.** The Run for Your Life Program objectives are to—
- a. Offer opportunities for the military community to voluntarily participate in the program.
- b. Establish a physical conditioning activity that can be conducted year-round.
- c. Encourage installations to strive for maximum participation through dynamic leadership and publicity.
- d. Create an environment in which personnel will be interested in developing and maintaining their physical fitness.
- **5. General.** Run for Your Life Program is a voluntary participation program available to individuals and units. The program is designed for men, women, and children and establishes a physical conditioning activity that can be used over an extended period of time.

<sup>\*</sup>This regulation supersedes TRADOC Regulation 28-2, dated 6 August 1984.

- **6. Eligibility.** Active duty military, family members, and civilian personnel assigned or attached to TRADOC installations or activities.
- 7. Organization and administration. TRADOC Form 135-R (Run for Your Life Physical Conditioning Program Entry Application) will be used to enter the program. As participants progress, a record is maintained on the progress schedule sheet with a separate progress schedule for each phase. TRADOC Form 136-R (Run for Your Life Progress Schedule Sheet) will be used for preparatory, TRADOC Form 136-1-R (Run for Your Life Progress Schedule Sheet) for conditioning, and TRADOC Form 136-2-R (Run for Your Life Progress Schedule Sheet) for sustaining.
- **8. Awards.** HQ TRADOC will award certificates and patches to personnel qualifying for the l,000-, 2,500-, 5,000-, 7,500-, 10,000-, 12,500-, 17,500-, and 20,000-mile clubs.

Office Symbol of Requesting Agency (Instl)

MEMORANDUM FOR Commander, Headquarters, U.S.
Army Training and Doctrine
Command, ATTN: ATPL-FO,
Fort Monroe, VA 23651-5000

SUBJECT: TRADOC Run For Your Life Awards

Reference TRADOC Reg 28-2, the following individual(s) are qualified to be awarded certificate(s) and patch(es) for miles attained as indicated:

RANK QUALIFYING DATE DISTANCE FULL NAME DISTANCE ATTAINED

FOR THE COMMANDER:

(Signature Block)

Figure 1. Format for Installations (Sample Memorandum)

FOR THE COMMANDER:

OFFICIAL: JAMES W. VAN LOBEN SELS

Major General, GS Chief of Staff

RÖBERT E. WYNN

Colonel, GS

Deputy Chief of Staff for Information Management

DISTRIBUTION: H1; TRADOC Instl Cdr, Fort Hamilton Comdt. USDB

CF:
HQDA(NGB-DAP)
HQDA(DACF-ZA)
CINCUSAREUR SEVENTH ARMY (AEAGA-RN)
Commander,
FORSCOM (FCJI)
Eighth U.S. Army (CS)
AMC (AMC PE-AM)

# RUN FOR YOUR LIFE PHYSICAL CONDITIONING PROGRAM ENTRY APPLICATION

(TRADOC Reg 28-2)

NAME:	RANK	DATE
UNIT		
((	Civilians - Military Members)	
MILITARY SPONSOR'S NAME		RANK
	(Military Dependents)	
MILITARY SPONSOR'S UNIT	(Military Dependents)	
AGE	WEIGHT:	
If you are age 30 or older, complete the	following sentence. I have received	a medical clearance necessary to
participate in the RUN FOR YOUR LIF	E Program Yes	No
FAMILY HISTORY OF HEART TROUBLE	E Yes No	
(Check the phase at which you will beg	in the program)	
I am entering the following phase of the	"RUN FOR YOUR LIFE" Prog	ram:
Six -Week Preparatory Phase	Nine -Week Conditioning P	has <del>e</del>
Substaining Phase		
To the best of my knowledge I am in good	health and I voluntarily elect to pa	rticipate in the
"RUN FOR YOUR LIFE" Program		
		(SIGNATURE)
	If unde	er age 16, parent must sign
and con to		
return to		

## "RUN FOR YOUR LIFE" PROGRESS SCHEDULE SHEET

(TRADOC Reg 28-2)

itary Dep	endent: Mil	litary sponsor's	nome		· · · · · · · · · · · · · · · · · · ·		grade	
	Mi	ilitary sponsor	s unit					
ou beain	the program	on the Conditio	onina Phase	use the form	n printed below.			
	p. o g. c				·			
			PREPAR	ATORY PHA	SE (6 Weeks)			
					Time Goals			
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	Mile 1 Mile		Combination Combination		12:45	13.45		
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5	1 Mile		Combination		12.00	13.00		
- 3	l Mile	Walk Run	Combination Compination		12:00	13.00		
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# "RUN FOR YOUR LIFE" PROGRESS SCHEDULE SHEET (TRADOC Reg 28-2)

NAME \_\_\_\_\_\_ GRADE \_\_\_\_\_ UNIT \_

Ailitary	Dependent:	Military sponsor's			(Do n	grade	ndenr,
		Military sponsor's		PHASE (9 Weeks	)		
	·			1	TIME GOALS	5	T
				MEN	MEN OVER 40		1
				UNDER 40	1		}
	1	1 Mile 1	Run	9:45	10:45	11:45	
	1		Run	9:45	10:45	11:45	
	1.		Run	9:45	10:45	11:45	
·	2	1 Mile	Run	9:30	10:30	11:30	
	2	1 Mile	Run	9:30	10:30	11:30	
	2	1 Mile	Run	9:30	10:30	11:30	
	3	1 Mile	Run	9:30	10:30	11:30	
	3	1 Mile	Run	9:30	10:30	11:30	
	3	1 Mile	Run	9:30	10:30	11:30	
	3		Run	9:30	10:30	11:30	
	4		Run	9:15	10:15	11:15	
	4	1 171117	Run	9:15	10: 15	11: 15	<del></del>
	4	1 1/ =	Run/Walk Comb		16:30	18:00	
	4		Run/Walk Comb		16:30	18:00	<del></del>
	5		Run	9:00	10:00	11:00	
	5	1 111114	Run	9:00	10:00	11:00	
	5		Run/Walk Comb		15:30	17:00	
	5		Run/Walk Comb		15:30	17:00	
	6	1 Mile	Run	9:00	10:00	11:00	
	6		Run	9:00	10:00 10:00	11:00 11:00	
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	6			8:30	9:30	10:30	
			Run	8:30	9:30	10:30	
	7		Run	13:00	14:30	16:00	
	<del>'7</del>		Run Run	13:00	14:30	16:00	
	8		Run	13:00	14:30	16:00	
	8		Run	13:00	14:30	16:00	
	8		Run	17:00	19:00	21:00	
	9 .		Run	8:30	9:30	10:30	· · · · · · · · · · · · · · · · · · ·
	9		Run	8:30	9:30	10:30	
	9		Run	13:00	14:30	16:00	· · · · · · · · · · · · · · · · · · ·
	9		Run	13:00	14:30	16:00	
	9	2 Miles	Run	17:00	19:00	21:00	
unning	als for any w	reek are not attained ithin any week, use scheduled week. A	d, repeat that w the time goals	eek's schedule un as outlined for the	itil the goals are	ek. Then cont to the Sustain	inue in ing Phase.
Date	Week	Distance	Start	Finish	Total	Miles For	Cumulativ Miles to
	<u>                                       </u>		Time	Time	<u> </u>	Credit	Date
		<del></del>			<del> </del>		
			<del>†</del>	<u> </u>	<del>                                     </del>	<del></del>	
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Upon completion of required miles for an award, return or mail complete progress sheet to. 

(Signature of participant, sponsor, or unit commander)

# "RUN FOR YOUR LIFE" PROGRESS SCHEDULE SHEET (TRADOC Reg 28-2)

			SUSTAINING PHAS	E (Indefinite	)		
he des	ired soot du		run a minimum of 7-				helow are
e stan	idards neces	sary to receive cred	it for this phase.	in mites per i	Week The time	TIME GO	
4463					MEN	MEN OVER	
	HOD		DISTANCE	•	UNDER 10		<del></del>
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